



*Grant County Health Department*  
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### **Winter is coming. Are you ready?**

Here are some ideas to help prepare you for winter.

Have on hand extra food and water in case you are snowed in. If you lose power and are using kerosene heaters, make sure you ventilate the area to avoid build up of toxic fumes and keep heaters at least 3 feet from flammable objects. Also refuel heaters outside. If using a generator, use it outside, not in the house or garage. The fumes that are produced are very toxic and can kill.

Make sure children are dressed properly—Most schools will send children out for recess unless the temperature is very cold. To make sure they are protected from the cold make sure they have a good winter coat, snow pants, boots, hats, gloves or mittens (mittens are warmer than gloves). Check children regularly during their outdoor time to check to see how wet they've become and replace items or have them come inside while their wet items dry. Children usually do not notice or care that their clothes have become wet. There are several thrift and resale shops in Grant and surrounding counties where these clothes can be bought if your family is on a tight budget.

Adults too, need to dress for weather. Dressing in layers of loose, lightweight clothing is better than one heavy layer. This way if you become warm while working you can remove layers as needed. Becoming too warm and sweating can cause you to become chilled, even if you have heavy clothes on.

### **Winter Driving**

Keep vehicles fueled and in good repair and have a basic emergency kit in the car such as:

- High energy munchies and several bottles of water
- Flashlights with extra batteries
- First aid kit with pocket knife
- Blankets or sleeping bags
- Plastic bags (for sanitation)
- Extra mittens, socks, boots and a hat
- Small sack of sand for generating traction under wheels
- Small shovel
- Booster cables
- Cards, games, and puzzles
- Brightly colored cloth to use as a flag

### **If Trapped in a Car During a Blizzard**

- > Stay in the car. Do not leave the car to search for assistance unless help is visible within 100 yards. You may become disoriented and lost in blowing & drifting snow.
- > As a trouble sign, hang a brightly colored cloth on the radio antenna and raise the hood.
- > Turn on the car's engine for about 10 minutes each hour and run the heater.
- > *Beware of carbon monoxide poisoning.* Keep the exhaust pipe clear of snow, and open a downwind window slightly for ventilation.
- > Do minor exercises to keep up circulation. If more than one person is in the car, take turns sleeping. Huddle together for warmth.

*The mission of the Grant County Health Department is to  
promote the health and wellness of ALL residents of Grant County.*

## **Saving Money in the Grocery Store**

- Shop alone if possible – when your mate or children go shopping with you, your bill generally increases
- Avoid shopping when tired or rushed. If you're hungry, it's tempting to overbuy, especially on prepared foods.
- Plan your shopping so that you can buy groceries for a week or more at a time. Making fewer trips to the store also helps save on gas money.
- Stick to your list – avoid impulse buys to stick to your budget.
- Store brands and sale items may not *always* be the best buy. Use the unit price to determine the least expensive form of the food you're purchasing.
- Buy in quantities that are most economical for you. Look for the best buy in the size package you can use before it goes to waste.
- Check higher and lower shelves for less costly items.



**UW**  
**Extension**

For more information on stretching your food budget, contact UW-Extension's Nutrition Education Program at 723-2125.

## **Grant County Health Department will be CLOSED:**



Wednesday, December 24th, 2008

Christmas Eve

Thursday, December 25th, 2008

Christmas Day.

Thursday, January 1st, 2009

New Year's Day



## **SAFE SLEDDING**

Sled riding is a great way to have fun in the winter, but play it safe. Always remember these important safety tips.



- Children under 12 years of age should wear a helmet
- Wear warm clothing – including heavy gloves and boots to protect against frostbite and injuries.
- Make sure children know how to stop their sled or make a sharp turn by dragging their feet.
- If your sled won't stop or if you are out of control, roll off your sled and onto the ground.
- Don't worry about your sled after you roll off. You can get it back after it stops sliding.
- Make sure the sled is in good condition and isn't broken.
- Use a sled with runners and a steering mechanism, which is safer than a toboggan or snow disk.
- Children should only go sledding when an adult is present.
- Never sled ride in unsafe areas like the street, driveways, rocky hills or near a cliff, river, pond or other water
- Never ride into a snow bank – the snow may hide a tree stump or rocks.
- Never sled ride when it is icy. Ice makes the sled go too fast. Plus, you can't steer or stop a sled when you're on ice
- Choose well-lighted areas when on evening outings.
- Ride the sleigh going feet first, do not ride going headfirst down a slope
- Never ride a sled that is being pulled by a car, truck or ATV.



### **WINTER CLOSINGS**

If the weather or road conditions are bad, the Grant County Health Department may decide to cancel immunization, WIC or other clinics. One way to find out is to listen to the radio. **Generally**, if the schools are **closed** where a clinic is to be held, the clinic is **cancelled** unless the clinic is already open. The local stations used by the Grant County Health Department are:



WGLR	97.7 FM or 1280 AM
WPVL	107.1 FM or 1590 AM
WJTY	88.1 FM
WRCO	100.9 FM

If in doubt, you can always call the Grant County Health Department at 723-6416.

### **Dealing with Loss During the Holidays**



It's hard to believe the Holidays are approaching already. Many in our extended families are dealing with loss or stress and are often caught in a dilemma between their personal feelings and the pressure to get into the spirit of the season.

Holidays or not, it is important to find ways to take care of ourselves. Following are some suggestions for those struggling with feelings of loss during the Holidays:

- Plan ahead as to where and how to spend your time during the Holidays. Let yourself scale back on activities.
- Give yourself permission to express your feelings. If you feel an urge to cry, let the tears flow. Tears are healing. Scientists have found that certain brain chemicals in our tears are natural pain relievers.
- Play music that is comforting and meaningful to you. Take a few moments to close your eyes and feel the music within the center of your being.
- Give money you would have spent on gifts for your absent loved one to a charity in your family member's name.
- Be careful not to isolate yourself. It's alright to take time for yourself but don't cut yourself off from the support of family and friends.
- Avoid additional stress
- Re-examine your priorities: greeting cards, holiday baking, decorating, putting up a tree, family dinner, etc. Do I really enjoy this? Is this a task that can be shared?
- Worship with a church family. There are numerous Holiday services filled with caring people and God's love.



Remember the anticipation of the Holidays is often harder than the Holiday itself.

May you find the true joy of the Holidays this season.



***The most important thing you can do  
to keep from getting sick  
is to wash your hands!!***

- The best defense against many types of germs is to wash your hands. It is important to wash your hands before, during, and after you prepare food
- Before you eat, and after you use the bathroom
- After handling animals or animal waste
- When your hands are dirty
- After coughing or sneezing
- Before and after changing a diaper
- More often when someone in your home is sick.



***What is the correct way to wash your hands?***

1. First wet your hands and use liquid or clean bar soap. Store bar soap on a rack that allows it to drain.
2. Next rub your hands vigorously together and scrub all surfaces.
3. Continue for 20 seconds or about the length of a short song. It is the combination of soap and scrubbing action that removes germs.
4. Rinse well and dry your hands.

If you do not have access to soap and water, waterless hand cleansers may also be used.



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